



# Youth Volleyball League Rules/Guidelines



## Match

A match will consist of three games in a 55 minute time frame.

A match shall include let serves (serves that hit the net and go over).

A match shall entitle each team two 60 second timeouts per game.

National Federation of High School Volleyball Rules will govern play with the exceptions listed within these rules/guidelines.

## Scoring Points (Rally Scoring)/Rotating

The opponent shall score a point each time a fault is committed.

If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve.

Each time a team gains a serve it must rotate one position clockwise before serving (This is the best time to substitute a player).

## The Game

A coin toss between captains shall determine who serves first; the other team will choose the side they want to play on. The home team (the team listed first on the schedule) calls the coin toss

The games shall be to 25 points (27 point cap) with a team winning by two.

No liberos (defensive specialist) will/can be used in any division.

## Out of Bounds

A ball striking the ceiling and landing on the same side as the team that played it last is still in play, however if it lands on the opposite side it is considered to be a dead ball and a point is awarded to the opposing team.

A ball which lands on any boundary line is considered inbounds.

A ball that touches the net antennas above or within the net or doesn't pass over the net entirely between the antennas is out of bounds.

## Equipment

The net will be set at a height of 7'4".

All leagues will use a standard, regulation volleyball, which will be provided.

No guard, cast or brace made of hard leather, plastic, pliable plastic, metal or any other hard substance, even though padded, is permitted on the finger, hand, wrist or forearm.

Jewelry is prohibited. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.

Athletic shoes are required and knee/elbow pads are not required but encouraged.

## Team Players

A team shall consist of six players to begin the first game of the match. If there are not six players present at the start of the game a team may play shorthanded, however every time the

missing player would come up to serve a sideout will occur and a point/score will be awarded to the other team. Each team must have a least five players to begin match.

### Serving

A serve is contact with the ball to initiate play. The server shall hit the ball with one hand, while the ball is held or after it is released. The ball should be contacted following the referee's signal to serve.

The server shall serve from within the serving area.

After 5 points in a row by one server, a sideout will be awarded.

A re-serve shall be called when the server releases the ball for service and either catches it or if it drops to the floor. All players will be permitted only two reserve attempts.

Let serves (serve which hits the net and crosses over) are legal on both divisions of play.

The team not serving first in the previous game of match shall serve first in the next game.

### Live and Dead Balls

A live ball is in play from the moment the ball is legally contacted by the correct server until the ball becomes dead.

Blocking a served ball is NOT permitted.

### League Information

This is a recreational league and it will not track wins/losses or keep standings. Score is kept only to know when a game ends.

### Team Benches

A coach may stand during play to instruct players in a non-disruptive manner and may stand and move about to speak to team members and players. Acts deemed disruptive by the referee shall be sanctioned. Examples of disruptive/unsportsmanlike act shall include, but are not limited to:

- loud or abusive language
- comments to official(s)
- comments to opposing teams
- throwing of objects
- displaying disgust in an overt manner or
- interfering with officials

All non-playing team members (excluding coach), including assistant coaches and other team personnel, shall be seated on the designated team bench during the match.

### Coaches Code of Ethics

I hereby pledge to provide positive support, care and encouragement for the children. I am coaching in youth sports by following this code of ethics:

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.

I will place the emotional and physical well-being of a child ahead of any personal desire to win.

I will insist that we play in a safe and healthy environment.  
I will demand a drug, alcohol, and tobacco-free sports environment for the children, and agree to assist by refraining from their use at all youth sports events.  
I will remember that the game is for children and not adults.  
I will do my very best to make youth sports fun for the children.  
I will expect the children to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.  
I will always be available to discuss any issues with parents concerning their child in a private environment.  
I will encourage teamwork and camaraderie.  
I will continue to be a student of the game.  
I will always be fair and treat everyone equally when discipline is required.  
I will have organized and structured practices.

#### Parents Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this code of ethics:

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports events.  
I will place the emotional and physical well-being of my child ahead of any personal desire to win.  
I will insist that my child play in a safe and healthy environment.  
I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.  
I will demand a drug, alcohol, and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.  
I will remember that the game is for children and not for adults.  
I will do my very best to make youth sports fun for my child.  
I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.  
I will always address any issues with my child's coach in private.  
I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.